MUSCLE TESTING SERIES BREAKDOWN SHEETS

Group I

Muscle Affecting Abdomen, Patient Sitting, Dr. at Side of Table

1. 690 Pyramidalis	110° trunk, 23° ipsilateral rotation.	Tense the linea alba.
2. 700 Rectus Abdominis First Division	90° trunk, 23° ipsilateral rotation, lumbar flexed.	Flexion of the spinal column. Tense and compress the abdominal contents.
3. 702 Rectus Abdominis Second Division	90° trunk, 23° ipsilateral rotation, lumbar extended.	Flexion of the spinal column. Tense and compress the abdominal contents.
4. 704 Rectus Abdominis Third Division	70° trunk, 23° ipsilateral rotation.	Flexion of the spinal column. Tense and compress the abdominal contents.
5. 728 Psoas Minor	60° trunk- 23° iosilateral rotation.	Flexion of the trunk on the pelvis.
6. 706 Rectus Abdominis Fourth Division, Medialis	45° trunk, 23° ipsilateral rotation.	Flexion of the spinal column. Compress the abdominal contents. Draws the sternum toward the pelvis.
7. 708 Rectus Abdominis Fourth Division, Lateralis	45° trunk, 45° ipsilateral rotation.	Flexion of the spinal column. Tense and conpress the abdominal contents. Draws the ipsilateral rib cage down and across.

Group II

Muscle Affecting Abdomen, Patient Sitting, Dr. at Side of Table

I. 714 Transverse Abdominis, (Upper Division)	30° trunk, 45° contralateral rotation, thoracic extended.	Compress the abdomen. Flex and draws the lower six ribs across, toward the midline.
2. 692 Obliquus Externus Abdominis (Anterior Division)	90° trunk, 45° ipsilateral rotation, Opp. Shoulder to knee, counter-rotate trunk.	Compress the abdominal contents. Flexion and rotates the spinal column to the contralateral side.
3. 698 Obliquus Internus Abdominis (Lateral Division)	100° trunk, 45° ipsilateral rotation, thru shoulders.	Compress the abdominal contents. Flexion and rotates the spinal column ipsilaterally.
4. 696 Obliquus lnternus Abdominis (Anterior Division)	90° trunk, 45° contralateral rotation.	Compress the abdominal contents. Flexion and rotates the spinal column ipsilaterally.

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Group III

Muscle Affecting Abdomen, Patient Supine, Dr. at Side of Table

1. 718 Transverse Abdominis, (Lower Division)	Flex Hip 90°, full knee flexion, full hip adduction with 30° pelvic rotation facing opposite hip.	Compress the abdominal contents. With the linea alba fixed, it draws the ASIS toward the midline.
2. 694 Obliquus Externus Abdominis (Lateral Division)	Elevate Legs l-2 inches, Abduct Legs l0°, Brace Opp. Trochanter, Doctor hands under legs.	With the pelvis fixed, it flexes the spinal column is laterally. With the spinal column fixed, it flexes the pelvis laterally.

Group IV

Muscle Affecting Lower Back, Patient Sitting, Dr. at Side of Table (Test One hand on feet, the other hand on greater trochanter)

1. 730 Quadratus Lumborum, (Costal Division)	Abduct legs 2°, Ipsilateral test - Opp. Side of Doctor.	With the pelvis fixed, it flexes the rib cage laterally. With the spinal column flxed, it flexes the pelvis on the rib cage.
2. 732 Quadratus Lumborum, (Spinal/Lumbar Division)	Abduct legs l0°, Ipsilateral test- Opp. Side of Doctor.	With the pelvis flxed, it flexes the lumbars on the pelvis. With the spinal column fixed, it flexes the pelvis on the spine.
3. 734 Multifidus, (Lumbosacral Division)	Abduct legs 10°, Ipsilateral femur- External Rotation, Ipsilateral test- Opp. Side of Doctor.	Extend and rotates the spinal column.
4. 736 Iliocostalis Lumborum	Abduct legs l0°, Ipsilateral femur- Internal Rotation, Ipsilateral test- Opp. Side of Doctor.	Extend the lumbar spine.
5. 738 Longissimus Lumborum	Head/Body Side of Table, Abduct legs 20°, Ipsilateral test- Opp. Side of Doctor.	Extend the lumbar and thoracic spine.

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Group V

Muscle Affecting Lower Back/Hip, Patient Supine, Dr. at Side of Table of Table

1. 798 Pectineus	Hip flexion 20°, External rotation, ASIS - Med. Malleolus, Straight down.	Flexion, slightly adduct, externally rotate femur.
2. 710 Iliacus	Hip flexion 45°, External rotation, ASIS - Med. Malleolus, Straight down.	With the pelvis fixed, it flexes the thigh on thc pelvis. With the leg fixed (sitting position) it flexes the pelvis on the thigh.
3. 712 lliacus Minor	Hip flexion 45°, External rotation, Adducts 15°, ASIS - Med. Malleolus, Oblique Plane.	With the pelvis fixed, it flexes the thigh on the pelvis. With the leg fixed (sitting position) it flexes the pelvis on the thigh. Slight adduction.
4. 722 Psoas Major (Lumbar Division)	Hip flexion 45°, External rotation, Abducts 30°, ASIS - Med. Malleolus.	Flexion and external rotation of the thigh.
5. 724 Psoas Major (Thoracic Division)	Hip flexion 30°, External rotation, Abducts 30°, ASIS - Med. Malleolus.	Flexion and external rotation of the thigh. Flexion of the trunk.
6. 726 Psoas Major (Diaphragmatic Division)	Hip flexion 0°, External rotation, Abducts 30°, ASIS - Med. Malleolus.	Flexion and external rotation of the thigh, Flexion of the trunk.

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